

# Ecstasy

## Harm and Reduction

### Risk of depression

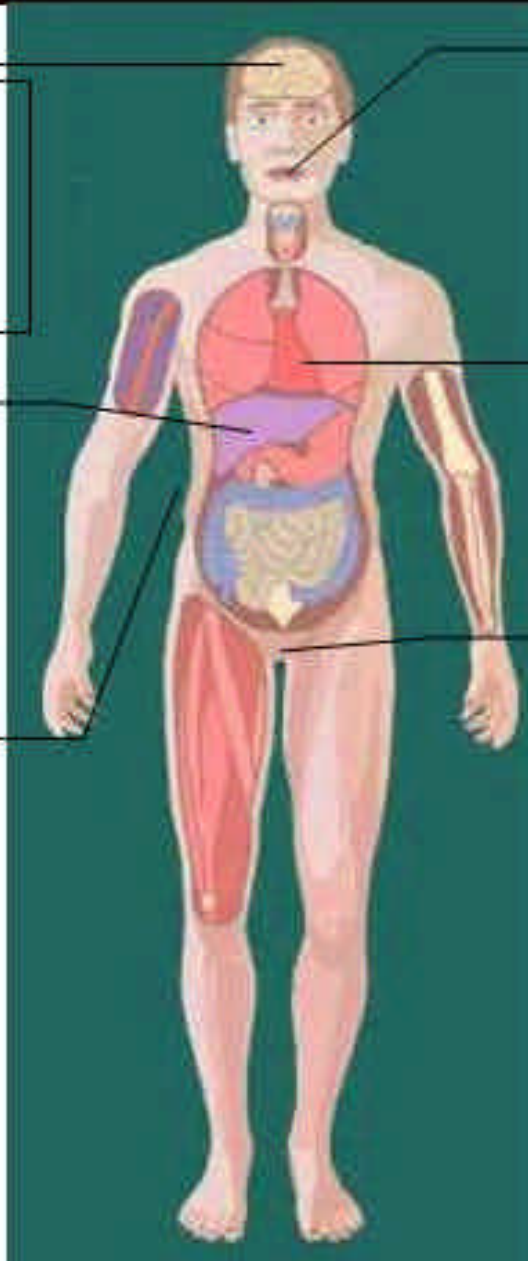
Only use infrequently  
Maintain good diet  
Avoid if prone to depression

### Liver failure

Reduce intake;  
don't mix with alcohol;  
don't take several at a time

### Heat-stroke:

Chill out; don't dance constantly  
Don't wear a hat  
Water intoxication  
Don't drink too much;  
Sip pint of water per hour max



### Tooth/gum damage

Chew gum; don't grind teeth

### Heart Failure:

Don't use with other stimulants  
avoid if there is history of heart  
problems

### Increased risk of unsafe sex

Use of condoms

### Risk of bad pills

ask around  
Check websites  
Use less to start with  
Don't buy in clubs